

ONLINE AT THE Y

Learn, create, do something new by learning with the Y from your home



Cooking at the Y - Baked Chicken and Egg Rolls

Recommended for all ages

Resources/Ingredients:

- 2 cups cooked chicken small dice
- 2 cups cabbage shredded
- 1 cup carrots small dice
- 2 green onions sliced
- 1 tsp garlic minced
- 1 small can canned water chestnuts
- 1 can bean sprouts
- 3 tbsp vegetable oil for sautéing
- Cooking spray
- 16 egg roll wrappers
- 4 tsp corn starch
- 1 tbsp water
- 1 tbsp soy sauce
- 1 tbsp vegetable oil
- 1 tbsp rice vinegar
- 1/4 tsp ground ginger
- 1 egg white beaten

Instructions:

1. Preheat oven to 200° and lightly coat a baking sheet with cooking spray.
2. In a large pot, heat 3 tbsp vegetable oil over medium heat.
3. Add cooked chicken, vegetables and sauté for about 5 minutes
4. In a small bowl, whisk together corn starch, water, soy sauce, vegetable oil, rice vinegar, and ground ginger.
5. Add sauce mixture to pot and cook 2-3 minutes longer. Remove from heat to cool.
6. Open egg roll wrappers, keep covered with a damp paper towel while working with them.
7. Place wrapper at a diamond shape on your workspace (1 corner pointing toward you).
8. Add 1/3 cup of vegetable mixture in the middle of wrapper.
9. Fold side corners in to meet in the middle. Pull bottom corner up over the side corners. Moisten top corner with beaten egg white and continue to roll up wrapper (try to keep the roll tight).
10. Repeat with all remaining egg roll wrappers.
11. Place egg rolls seam side down on prepared baking sheet.
12. When finished, lightly spray the tops of the egg rolls with cooking spray.
13. Bake for 6 minutes, turn egg rolls over and continue baking an additional 6 minutes or until browned

